


# November 2022 Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1031 Roseville Parkway</b> <b>Roseville, CA 95678</b> <b>(279) 999-1800</b>	<b>1</b> 9:30 PE Morning Stretch [YS] 10:30 CE Brain Fitness [TH] 11:00 CE Trivia [TH] 1:00 PE Balance and Gait Assessment- Please Sign Up with Concierge [YS] 1:00 LL Resident Led Poker [MR] 2:00 CC Sonrisa Singers 3:30 CE Afternoon Tea Time [BI] 6:15 LL Saskatchewan Rummy [BI] 7:00 LL Romantic Movie Night [TH]	<b>2</b> 9:30 PE Morning Stretch [YS] 9:30 LL New Resident Coffee and Conversation: Get to Know Your New Neighbors! [BI] 9:30 LL Old Town Auburn \$-Please Sign Up With Concierge [FL] 1-2 Roseville Library-Please Sign Up at the Concierge desk! [FL] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL Blackjack [BI] 2:30 CVS \$-Please Sign Up With Concierge [FL] 3:00 PE Chair Exercises [YS] 7:00 LL Comedy Movie Night [TH]	<b>3</b> 9:30 CE Brain Fitness [TH] 9:30 PE Resident Walking Group [FL] 10:00 PE Chair Zumba with Terri [YS] 10-1 AE Open Art [MR] 10:15 CE Get Involved! Local Volunteer Opportunities Info [BI] 10:45 CE Cubigo Training- New Resident Orientation [TH] 1:00 PE Balance and Gait Assessment- Please Sign Up with Concierge [YS] 2:00 LL BINGO! [MR] 2:45 CE Travel Series [TH] 3:00 AE Sonrisa Singers 7:00 LL Classic Movie Night [TH]	<b>4</b> 9:30 PE Exercise with Abigail [YS] 9:30 CE Rendevel Guided Tour- Please Sign Up With Concierge [TH] 10-2 Thunder Valley Trip \$-Please Sign Up With Concierge [FL] 10:30 PE Line Dancing! [YS] 11:15 PE Weight Room Equipment Tutorial/ Questions [WR] 1:30 Afternoon Water Volleyball [P] 2:00 LL Blackjack [BI] 2:45 Friday Frozen Yogurt Outing \$-Please Sign Up at the Concierge desk! [FL] 3:30 LL Happy Hour! 7:00 LL Friday Night at the Movies [TH]	<b>5</b> 8:30 PE Resident Walking Group [FL] 9:30 CE Rendevel Travel- Please Sign Up With Concierge [TH] 10:00 PE Exercise with Christine [YS] 10:30 LL Blackjack [BI] 2:00 LL Movie Matinee [TH] 2:30 LL Afternoon Iced Tea and Lemonade Break [BI] 3:00 LL Variety Games [BI] 3:45 PE Chair Exercises [YS] 7:00 LL Action Movie Night [TH]
<b>6</b> <b>Daylight Saving Time Begins</b> 8:30 PE Resident Walking Group [FL] 9:30 PE Morning Stretch [YS] 10:30 AE Artistic Expression with Sloane- Please Sign up with Concierge [MR] 10:45 SS Online Church Service [TH] 1:30 SS Sunday Chicken Soup for the Soul Pick Up [BI] 2:00 LL BINGO! [BI] 2:00 LL Sunday Movie Matinee [TH] 3:00 PE Chair Exercises [YS] 3:45 LL Scrabble [BI] 6:15 LL Hand and Foot Club 7:00 LL Documentary Movie Night [TH]	<b>7</b> 10:30 PE Fitness with Jiji [YS] 10:30 LL Jenga [BI] 10:30 PE Weight Room Equipment Tutorial [WR] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 1-2 Trader Joes \$-Please Sign Up With Concierge [FL] 2:00 LL BINGO! [MR] 2:30 Trader Joe's \$-Please Sign Up With Concierge [FL] 2:45 LL Monday Movie Matinee 3:00 PE Resident Horseshoes 3:30 PE Chair Exercises [YS] 7:00 LL Drama Movie Night [TH]	<b>8</b> <b>Election Day</b> 9:30 PE Morning Stretch [YS] 10:30 CE Brain Fitness [TH] 11:00 CE Trivia [TH] 1:00 PE Balance and Gait Assessment- Please Sign Up with Concierge [YS] 1:00 LL Resident Led Poker [MR] 2:00 CC Sonrisa Singers 3:30 CE Afternoon Tea Time [BI] 6:15 LL Saskatchewan Rummy [BI] 7:00 LL Romantic Movie Night [TH]	<b>9</b> 8:30 LL Target \$-Please Sign Up With Concierge [FL] 9:30 LL Coffee and Conversation Groups [BI] 9:30 PE Morning Stretch [YS] 11:00 Museum of Science/ Lunch \$-Please Sign Up With Concierge [FL] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL Blackjack [BI] 2:00 Dollar Tree \$-Please Sign Up with Concierge [FL] 3:00 Veteran's Day Happy Hour 7:00 LL Comedy Movie Night [TH]	<b>10</b> 9:30 CE Brain Fitness [TH] 9:30 PE Resident Walking Group [FL] 10:00 PE Chair Zumba with Terri [YS] 10-1 AE Open Art [MR] 10:45 CE Cubigo Resident Training-ADVANCED CLASS [TH] 1:00 PE Balance and Gait Assessment- Please Sign Up with Concierge [YS] 2:00 LL BINGO! [MR] 2:45 CE Travel Series [TH] 3:00 AE Sonrisa Singers 7:00 LL Classic Movie Night [TH]	<b>11</b> <b>Veterans Day</b> 8:30 Safeway & CVS \$-Please Sign Up With Concierge [FL] 9:30 PE Exercise with Abigail [YS] 9:30 CE Rendevel Guided Tour- Please Sign Up With Concierge [TH] 10:30 PE Line Dancing! [YS] 11:00 CC Roseville Veterans Day Parade Outing [FL] 1:30 Afternoon Water Volleyball [P] 2:00 LL Blackjack [BI] 2:30 Whole Foods \$-Please Sign Up With Concierge [FL] 3:00 LL Happy Hour! 4:00 Veteran's Day Dinner [DR] 7:00 LL Friday Night at the Movies [TH]	<b>12</b> 8:30 PE Resident Walking Group [FL] 9:30 CE Rendevel Travel- Please Sign Up With Concierge [TH] 10:00 PE Exercise with Christine [YS] 10:30 LL Resident Mahjong [BI] 2:00 LL Movie Matinee [TH] 2:30 LL Afternoon Iced Tea and Lemonade Break [BI] 3:00 LL Variety Games [BI] 3:45 LL Indoor Cornhole 7:00 LL Action Movie Night [TH]
<b>13</b> 8:30 PE Resident Walking Group [FL] 9:30 PE Morning Stretch [YS] 10:30 AE Artistic Expression with Sloane- Please Sign up with Concierge [MR] 10:45 SS Online Church Service [TH] 1:30 SS Sunday Chicken Soup for the Soul Pick Up [BI] 2:00 LL Sunday Movie Matinee [TH] 3:00 PE Chair Exercises [YS] 3:45 LL Scrabble [BI] 6:15 LL Hand and Foot Club 7:00 LL Documentary Movie Night [TH]	<b>14</b> 10:30 PE Fitness with Jiji [YS] 10:30 LL Jenga [BI] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 1-2 Target \$-Please Sign Up With Concierge [FL] 2:00 LL BINGO! [MR] 2:30 Walmart \$-Please Sign Up at the Concierge desk! [FL] 2:45 LL Monday Movie Matinee 3:00 PE Resident Putting Practice! 3:30 PE Chair Exercises [YS] 7:00 LL Drama Movie Night [TH]	<b>15</b> 9:30 PE Morning Stretch [YS] 10:30 CE Brain Fitness [TH] 11:00 CE Trivia [TH] 1:00 PE Balance and Gait Assessment- Please Sign Up with Concierge [YS] 1:00 LL Resident Led Poker [MR] 2:00 AE Paint and Sip- Please Sign Up at Concierge desk by 11/8 [MR] 3:45 CE Afternoon Tea Time [BI] 6:15 LL Saskatchewan Rummy [BI] 7:00 LL Romantic Movie Night [TH]	<b>16</b> 9:30 LL Coffee and Conversation Groups [BI] 9:30 PE Morning Stretch [YS] 10-2 Hard Rock Casino \$-Please Sign Up With Concierge [FL] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL Blackjack [BI] 2:00 CE Health and Wellness Presentation [TH] 2:45 Whole Foods \$-Please Sign Up With Concierge [FL] 3:00 PE Chair Exercises [YS] 7:00 LL Comedy Movie Night [TH]	<b>17</b> 9:30 CE Brain Fitness [TH] 9:30 PE Resident Walking Group [FL] 10:00 PE Chair Zumba with Terri [YS] 10-1 AE Open Art [MR] 10:30 LL BINGO! [MR] 1:00 PE Balance and Gait Assessment- Please Sign Up with Concierge [YS] 2:00 CE Wild Things Program [MR] 2:45 CE Travel Series [TH] 3:30 AE Sonrisa Singers 7:00 LL Classic Movie Night [TH]	<b>18</b> 8:30 Trader Joe's \$-Please Sign Up With Concierge [FL] 9:30 PE Exercise with Abigail [YS] 9:30 CE Rendevel Guided Tour- Please Sign Up With Concierge [TH] 10:45 AE Artistic Expression Project -Please Sign up with Concierge by 11/11 [MR] 11:00 BJ's Brewhouse \$-Please Sign Up at the Concierge desk! [FL] 1:30 Afternoon Water Volleyball [P] 2:00 LL Blackjack [BI] 2:30 Hobby Lobby \$-Please Sign Up at the Concierge desk! [FL] 3:00 LL The Lincoln Highway Trio Performance/Happy Hour 7:00 LL Friday Night at the Movies [TH]	<b>19</b> 8:30 PE Resident Walking Group [FL] 9:30 CE Rendevel Travel- Please Sign Up With Concierge [TH] 10:00 PE Exercise with Christine [YS] 10:30 LL Blackjack [BI] 2:00 LL Movie Matinee [TH] 2:30 LL Afternoon Iced Tea and Lemonade Break [BI] 3:00 LL Variety Games [BI] 3:45 PE Chair Exercises [YS] 7:00 LL Action Movie Night [TH]
<b>20</b> 8:30 PE Resident Walking Group [FL] 9:30 PE Morning Stretch [YS] 10:30 AE Artistic Expression with Sloane- Please Sign up with Concierge [MR] 10:45 SS Online Church Service [TH] 1:30 SS Sunday Chicken Soup for the Soul Pick Up [BI] 2:00 LL BINGO! [BI] 2:00 LL Sunday Movie Matinee [TH] 3:00 PE Chair Exercises [YS] 3:45 LL Scrabble [BI] 6:15 LL Hand and Foot Club 7:00 LL Documentary Movie Night [TH]	<b>21</b> 10:30 PE Fitness with Jiji [YS] 10:30 LL Jenga [BI] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 1-2 Trader Joe's \$-Please Sign Up With Concierge [FL] 2:00 LL BINGO! [MR] 2:30 Target \$-Please Sign Up With Concierge [FL] 2:45 LL Monday Movie Matinee 3:00 PE Resident Horseshoes 3:30 PE Chair Exercises [YS] 7:00 LL Drama Movie Night [TH]	<b>22</b> 9:30 PE Morning Stretch [YS] 10:30 CE Brain Fitness [TH] 11:00 CE Trivia [TH] 1:00 PE Balance and Gait Assessment- Please Sign Up with Concierge [YS] 1:00 LL Resident Led Poker [MR] 2:00 CC Sonrisa Singers 2:30 CE Chef's Corner and Dining Committee Meeting [DR] 3:30 CE Afternoon Tea Time [BI] 6:15 LL Saskatchewan Rummy [BI] 7:00 LL Romantic Movie Night [TH]	<b>23</b> 8:30 Nugget \$-Please Sign Up at the Concierge desk! [FL] 9:30 LL Coffee and Conversation Groups [BI] 9:30 PE Morning Stretch [YS] 10:30 Sonrisa Turkey Trot Walk [FL] 11:30 India Oven \$-Please Sign Up With Concierge [FL] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL Blackjack [BI] 2:30 Safeway \$-Please Sign Up With Concierge [FL] 3:00 PE Chair Exercises [YS] 7:00 LL Comedy Movie Night [TH]	<b>24</b> <b>Thanksgiving</b> 9:30 CE Brain Fitness [TH] 9:30 PE Resident Walking Group [FL] 10:00 PE Chair Zumba with Terri [YS] 10-1 AE Open Art [MR] 10:45 CE Cubigo Resident Training-ADVANCED CLASS [TH] 12-3 Thanksgiving Buffet [DR] 1:00 PE Balance and Gait Assessment- Please Sign Up with Concierge [YS] 2:45 CE Travel Series [TH] 7:00 LL Classic Movie Night [TH]	<b>25</b> 8:30 Walmart \$-Please Sign Up With Concierge [FL] 9:30 PE Exercise with Abigail [YS] 9:30 CE Rendevel Guided Tour- Please Sign Up With Concierge [TH] 10:30 PE Line Dancing! [YS] 11:00 Burger Lounge \$-Please Sign Up With Concierge [FL] 1:30 Afternoon Water Volleyball [P] 2:00 LL Blackjack [BI] 2:30 Dollar Tree \$-Please Sign Up With Concierge [FL] 3:30 LL Happy Hour! 7:00 LL Friday Night at the Movies [TH]	<b>26</b> 8:30 PE Resident Walking Group [FL] 9:30 CE Rendevel Travel- Please Sign Up With Concierge [TH] 10:00 PE Exercise with Christine [YS] 10:30 LL Resident Mahjong [BI] 2:00 LL Movie Matinee [TH] 2:30 LL Afternoon Iced Tea and Lemonade Break [BI] 3:00 LL Variety Games [BI] 3:45 LL Indoor Cornhole 7:00 LL Action Movie Night [TH]
<b>27</b> 8:30 PE Resident Walking Group [FL] 9:30 PE Morning Stretch [YS] 10:30 AE Artistic Expression with Sloane- Please Sign up with Concierge [MR] 10:45 SS Online Church Service [TH] 1:30 SS Sunday Chicken Soup for the Soul Pick Up [BI] 2:00 LL Sunday Movie Matinee [TH] 3:00 PE Chair Exercises [YS] 3:45 LL Scrabble [BI] 6:15 LL Hand and Foot Club 7:00 LL Documentary Movie Night [TH]	<b>28</b> 10:30 PE Fitness with Jiji [YS] 10:30 LL Jenga [BI] 1-2 Nugget Market \$-Please Sign Up With Concierge [FL] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL BINGO! [MR] 2:30 LL Scenic Drive-Please Sign Up at the Concierge desk! [FL] 2:45 LL Monday Movie Matinee 3:00 PE Resident Putting Practice! 3:30 PE Chair Exercises [YS] 7:00 LL Drama Movie Night [TH]	<b>29</b> 9:30 PE Morning Stretch [YS] 10:30 CE Brain Fitness [TH] 11:00 CE Trivia [TH] 1:00 PE Balance and Gait Assessment- Please Sign Up with Concierge [YS] 1:00 LL Resident Led Poker [MR] 2:00 CC Sonrisa Singers 3:30 CE Afternoon Tea Time [BI] 6:15 LL Saskatchewan Rummy [BI] 7:00 LL Romantic Movie Night [TH]	<b>30</b> 9:15 Beyond Van Gogh Sacramento \$ [FL] 9:30 LL Coffee and Conversation Groups [BI] 9:30 PE Morning Stretch [YS] 1:00 PE Senior Fitness Test- Please Sign Up with Concierge [YS] 2:00 LL Blackjack [BI] 2:30 Dollar Tree \$-Please Sign Up With Concierge [FL] 3:00 PE Chair Exercises [YS] 7:00 LL Comedy Movie Night [TH]	<b>Location Keys</b> AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support BI Bistro DR Dining Room FL Meet in front lobby MR Multipurpose Room P Pool TH Theater WR Weight Room YS Yoga Studio		